**Fitness Center**

The Gaston College Fitness Center is located in room 134 of the David Belk Cannon Building. For your convenience, the center is open each morning and evening! You will find a variety of equipment that will build muscular strength and endurance, and enhance your cardiovascular efficiency.

**Fitness Challenges**

Do you need extra motivation or accountability to maintain a workout schedule? Each semester a fitness challenge is offered to give you that extra “boost” to reach your fitness goals. Challenges involve working in groups, so find a friend and join in!

Want to really test your fitness potential? The Health and Fitness Science Program hosts an annual Iron Fit Challenge each spring that gives you the opportunity to compete against yourself and others. The challenge consists of individual activities that measure strength and endurance. This is your opportunity to give all that you have for your fitness!

**Relaxation - Simplify your life**

To maintain good health, it is important to decrease stress and take time each day to relax. Relaxation frees the mind and body to expend energy on restorative functions.

**YOGA CLASSES**

Need to take some time to breath and stretch? Want to improve flexibility and reduce stress? What a better way to enhance your mental and physical well being than participating in a yoga class! We offer morning and evening yoga classes at all three campuses.
- PED 122: Yoga I
- PED 123: Yoga II
- Continuing Education offers Beginning & Advanced Yoga

**Student Massage Clinics**

The goal for student massage clinics is to provide an excellent therapeutic massage in the hands of our Therapeutic Massage Students. Our students are educated and skillfully trained in therapeutic massage. Why sign up for a massage in our student massage clinic? Do you need to relieve pain, manage stress, promote better sleep, improve concentration, release muscular tension and pain, and reduce anxiety? Clinics are held on Saturdays in the fall and Fridays in the spring.

Be ready to achieve ultimate relaxation and serenity.

**Cosmetology**

Do you want to look as good as you feel? Gaston College Cosmetology offers the following services:
- Hair Care and Styling
- Hair Color
- Hair Chemicals
- Nail Care
- Skin Care

Our Cosmetology services are offered on the lower level of the Jerry Cochran Science Building at Gaston College’s Lincoln Campus at 511 South Aspen Street, Lincolnton.

Please call 704-748-5252 for appointments.
A wellness message from the Gaston College Health Promotions Committee

Total Wellness is to be fit in all areas of life, including physically, socially and mentally. Total Wellness can’t be achieved through temporary measures, but only through long-lasting lifestyle changes. Reaching this level of fitness requires a process of finding balance in life, and it can take many steps.

Regardless of the steps that it takes to reach your fitness goals, Total Wellness is attainable and vital to a state of overall health and well-being. From yoga and nutrition classes to metabolic testing and fitness challenges, the programs provided by Gaston College Health Promotions can help you achieve Total Wellness.

Total Wellness Challenge
Focusing on basic, daily goals can help you reach mental, physical and social fitness. Some of these goals that can help you create – and maintain –Total Wellness include:

- Eat breakfast
- Eat lunch at work
- Eat dinner at home
- Drink 64 oz. of water
- Eat five servings of fruits/vegetables
- Do not drink soda
- Exercise for 30 minutes
- Take the stairs instead of use the elevator
- Spend quality time with family and friends
- Get adequate rest
- Do something you enjoy

Challenge yourself to reach one or more of these goals every day in order to achieve true fitness. Keep a daily journal of your performance to see how you are meeting your goals.

Gaston College Health Promotions
For more information about Gaston College Health Promotions Committee, please contact Joy Armour at 704-922-6377 or armour.joy@gaston.edu

Food-Tastic Seminars
Do you like food? Are you interested in improving your personal nutrition? Gaston College’s Dietetic Technician Program offers a biannual “Food-Tastic” mini seminar. Attend a seminar for a fun, informative and delicious experience.

Metabolic & InBody Testing
Do you know how many calories your body “burns” each day? Metabolic testing can provide results.

What is metabolic testing?
To lose weight, you must burn more calories than you consume. Metabolic testing is a process that allows you to discover the maximum amount of calories in a day you can consume and still lose weight.

Who should be tested? Anyone who...
- Is starting a weight loss management program
- Is starting a workout program
- Has reached a plateau of weight loss
- Has stopped making progress
- Is interested in knowing how to feed their body for optimum health and weigh management

Call 704-922-6377 to schedule your metabolic testing appointment.

Move More Tips from the Gaston College Health Promotions Committee
Being physically active promotes physical, social and emotional health.

Why should you Move More?
- Builds and maintains healthy bones, joints and muscles
- Reduces feeling of stress
- Aids in digestion
- Improves blood circulation
- Helps you sleep better
- Increases energy level
- Reduces depression and anxiety
- Promotes fun with family and friends
- Helps you feel good about yourself

www.gaston.edu